



Cedar Ridge School

901 N. Olive, Nevada, MO 65708

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Missouri Schools for the Severely Disabled
Department of Elementary and Secondary Education



Fall 2015

Mrs. Brandt's Class

Since school began, Juell Brandt's Class has been focusing on reading skills. During morning lessons, we all work on some type of academic or work skills. Some of the students have been learning their letters and matching words with pictures since last year, and now it's part of the routine.

Other students are reading short worksheets and stories in class and then answering questions about their reading. We try to pick topics that each student is interested in to maintain motivation.

We have been getting books from our public library, with Tracy Allen, our Home School Coordinator's help!

We read various stories and books everyday and discuss them as a group. For real world math skills, all of the students help with different chores around school, and now we are going to add a "Class Store" so students can earn "Class Cash" to spend on Fridays.

Everyone will have plenty of chances to complete chores and earn fun rewards.



Important Dates to Remember:

- ✓ **September 22–**
NO School,
Professional Development Day
- ✓ **October 15-16–**
No School
Professional Development Day
- ✓ **November 9–**
No School
Professional Development Day
- ✓ **November 25–**
27– No School
Thanksgiving Break
- ✓ **December 2**
No School
Professional Development Day

Nurse's Notes by School Nurse, Denise Charlton

Parents/Guardians,
Please note our policy changes regarding student illness.

The new guidelines are being implemented to maintain a safe and healthy school environment for our students.

A letter listing the policy changes along with the form Notification-illness was sent home with each Cedar Ridge student on 9/3/15 for Parent/Guardian review.

The policy lists a number of symptoms that a student might display that may indicate an illness and the

guidelines/requirements for the student to be able to return to school following the symptoms. Please call the school nurse and request a copy if you need another copy to review.



March's Busy Bee's

This year in the Busy Bee room, our focus is Fairy Tales. This theme allows the imagination to flow freely and help the "Bees" pretend play, which is an important element in development.

Currently, we are learning from "Snow White and the Seven Dwarfs". With the help of the 6 inch dwarf set, students are learning to make choices, identify 1 to 1 correspondence to picture identification, counting, colors, speaking to strangers and facial expressions. The song "Heigh Ho" is used every Morning Session to introduce that's it's "off to work we go!"

One of the Learning Activities the students enjoy is a large container filled with rocks and glass sparkles (diamonds). The students imitate the scene when the

dwarfs are in the mine digging for diamonds. Using a plastic shovel, they pour, fill and separate items into colored buckets.

On Fridays (parade day), the students make choices of what costumes they want to wear. Some choose the Snow White outfits, some dress like a knight, or a dwarf, or carry a favorite dwarf. They stand in line and then march to the song of "Heigh Ho" through the halls. (Walking in line is still challenging for some).

During art, the students have created patters with apples, made dwarfs from paper rolls, followed directions when making the "Mirror, Mirror on the wall".

There are LOTS of ways to teach important lessons. Another lesson being focused on is SAFE. Every

day those who can, spell the word and then do the baseball action for "safe!" This repetitive sequence allows an interaction of a teacher asking a child if he/she is being SAFE. The child responds with the baseball action. Safety is always a first concern. If the child is not being safe, redirection is used and then the child is asked again is he/she being safe.



Tips for a Healthier Lifestyle

1. Take 10-Do at least 10 minutes of activity 3 times a day.
2. Work out while watching TV or during commercial breaks.
3. Always be prepared. Keep running/walking shoes and clothes in the car or at work.
4. Exercise with a partner or group.
5. Doing chores also counts as

- exercise. Cleaning house, washing the car and mowing the lawn.
6. Drink plenty of water. Keep a bottle of water with you all the time.
7. Make half of your plate just fruit and veggies.
8. Cut back on foods with added sugar and that are high in fat.
9. Learn what is in the foods

- you are eating by reading the nutrition label and ingredients.
10. Consume fewer calories and eat less food by using a smaller plate.

Information found in 10 Tips Nutrition Education Series at choosemyplate.gov

